



Pineapple-Berry Burst Trifle

 Gluten Free

READY IN



37 min.

SERVINGS



8

CALORIES



853 kcal

DESSERT

Ingredients

- ☐ 18 ounce apricot preserves divided
- ☐ 13.2 ounce blueberries fresh
- ☐ 8 servings mrs richardson's butterscotch caramel sauce
- ☐ 8 ounce cream cheese softened
- ☐ 1 cup cup heavy whipping cream
- ☐ 8 servings mint leaves fresh
- ☐ 60 ounce pineapple rings divided crushed drained canned
- ☐ 16 ounce round cake cut into 1 1/2-inch cubes

- ☐ 1 quart strawberries fresh quartered
- ☐ 0.5 cup sugar
- ☐ 1 tablespoon sugar
- ☐ 0.3 teaspoon vanilla extract

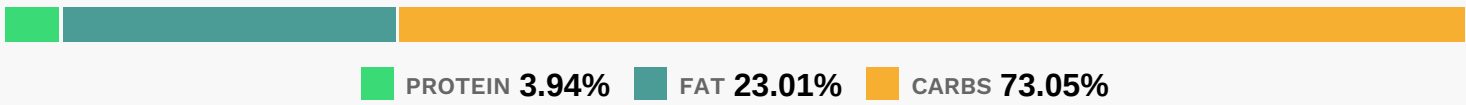
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ hand mixer

Directions

- ☐ Combine strawberries and 1/2 cup sugar in a large bowl, tossing gently to coat. Cover; let stand at room temperature 2 hours.
- ☐ Meanwhile, beat cream cheese at medium speed with an electric mixer until smooth.
- ☐ Add 1/2 cup preserves, 1 tablespoon sugar, and flavorings, beating until blended. Gradually add 1 cup whipping cream, beating until blended.
- ☐ Cook remaining 1/2 cup preserves in a small saucepan over medium heat 4 minutes or until melted, stirring constantly.
- ☐ Arrange one-third of pound cake cubes in a 3-quart bowl or trifle bowl. Top with one-third each of cream cheese mixture, Caramel Sauce, pineapple, blueberries, and strawberry mixture. Repeat layers twice, ending with strawberry mixture.
- ☐ Drizzle with melted apricot preserves. Cover and chill 3 hours.
- ☐ Garnish, if desired. Store in refrigerator.
- ☐ Tip: Make sure you use a 3-quart bowl. This trifle is what it says: It's bursting with ingredients and won't fit in a smaller bowl.

Nutrition Facts



Properties

Glycemic Index:30.9, Glycemic Load:15.15, Inflammation Score:-8, Nutrition Score:20.203043533408%

Flavonoids

Cyanidin: 5.94mg, Cyanidin: 5.94mg, Cyanidin: 5.94mg, Cyanidin: 5.94mg Petunidin: 14.88mg, Petunidin: 14.88mg, Petunidin: 14.88mg, Petunidin: 14.88mg Delphinidin: 16.94mg, Delphinidin: 16.94mg, Delphinidin: 16.94mg, Delphinidin: 16.94mg Malvidin: 31.63mg, Malvidin: 31.63mg, Malvidin: 31.63mg, Malvidin: 31.63mg Pelargonidin: 29.4mg, Pelargonidin: 29.4mg, Pelargonidin: 29.4mg, Pelargonidin: 29.4mg Peonidin: 9.55mg, Peonidin: 9.55mg, Peonidin: 9.55mg, Peonidin: 9.55mg Catechin: 6.35mg, Catechin: 6.35mg, Catechin: 6.35mg, Catechin: 6.35mg Epigallocatechin: 1.23mg, Epigallocatechin: 1.23mg, Epigallocatechin: 1.23mg, Epigallocatechin: 1.23mg Epicatechin: 0.97mg, Epicatechin: 0.97mg, Epicatechin: 0.97mg, Epicatechin: 0.97mg Epicatechin 3–gallate: 0.18mg, Epicatechin 3–gallate: 0.18mg, Epicatechin 3–gallate: 0.18mg, Epicatechin 3–gallate: 0.18mg Epigallocatechin 3–gallate: 0.13mg, Epigallocatechin 3–gallate: 0.13mg, Epigallocatechin 3–gallate: 0.13mg, Epigallocatechin 3–gallate: 0.13mg Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Kaempferol: 1.41mg, Kaempferol: 1.41mg, Kaempferol: 1.41mg, Kaempferol: 1.41mg Myricetin: 0.66mg, Myricetin: 0.66mg, Myricetin: 0.66mg, Myricetin: 0.66mg Quercetin: 5.1mg, Quercetin: 5.1mg, Quercetin: 5.1mg, Quercetin: 5.1mg Gallocatechin: 0.09mg, Gallocatechin: 0.09mg, Gallocatechin: 0.09mg, Gallocatechin: 0.09mg

Nutrients (% of daily need)

Calories: 852.61kcal (42.63%), Fat: 22.95g (35.3%), Saturated Fat: 13.08g (81.75%), Carbohydrates: 163.93g (54.64%), Net Carbohydrates: 157.13g (57.14%), Sugar: 127.98g (142.2%), Cholesterol: 120.08mg (40.03%), Sodium: 616.44mg (26.8%), Alcohol: 0.04g (100%), Alcohol %: 0.01% (100%), Protein: 8.84g (17.68%), Vitamin C: 100.39mg (121.69%), Manganese: 0.79mg (39.72%), Vitamin B1: 0.41mg (27.58%), Fiber: 6.81g (27.23%), Vitamin A: 1260.38IU (25.21%), Vitamin B2: 0.38mg (22.53%), Copper: 0.42mg (21.13%), Potassium: 684.15mg (19.55%), Phosphorus: 192.41mg (19.24%), Folate: 74.8µg (18.7%), Calcium: 177.52mg (17.75%), Iron: 3.18mg (17.69%), Selenium: 11.74µg (16.77%), Magnesium: 66.32mg (16.58%), Vitamin B6: 0.31mg (15.46%), Vitamin K: 14.78µg (14.08%), Vitamin B3: 2.44mg (12.18%), Vitamin E: 1.41mg (9.39%), Vitamin B5: 0.79mg (7.94%), Zinc: 1.01mg (6.71%), Vitamin B12: 0.32µg (5.3%), Vitamin D: 0.59µg (3.93%)